

**BUILDING
PARTNERSHIPS,
GETTING WELL
TOGETHER**

UNCONDITIONAL
POSITIVE
REGARD

OUR PURPOSE TODAY:

• Get Grounded
in Our Power as
Peers

• Define Our
Opportunity

Introduce
Unconditional
Positive Regard

• Provide Tools
to Use on Your
Journey

WHY US? WHY CPRS?

1

Increase
access to care

2

Reduce overall
cost

3

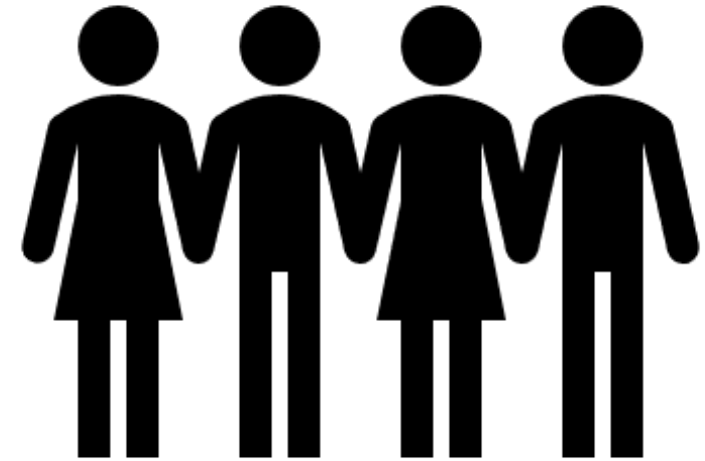
Improve
participant
outcomes

4

Grow provider
outcomes

THE UNIQUE ROLE OF TRUSTED
PEERS CONNECTING WITH EACH
OTHER TO FOSTER HOPE AND
BUILD ON STRENGTHS IS
EMERGING AS A KEY
TRANSFORMATIONAL FACTOR
IN MENTAL HEALTH SERVICES

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- *noun*, one that is of equal standing with another : EQUAL; especially: one belonging to the same societal group
- *noun*, COMPANION
- **It means: We're equals walking together**

PEER
\ 'PIR \



A motivational quote by Tony Robbins is overlaid on a background image of him on stage. Tony Robbins is in the foreground, smiling and reaching out with his hands towards the audience. The background shows a large crowd of people with their hands raised in a cheering gesture. The image is overlaid with semi-transparent circular graphics and numbers, giving it a technical or scientific feel. The quote is written in a clean, white, sans-serif font.

YOU CAN'T INFLUENCE
SOMEBODY WHEN YOU'RE
JUDGING THEM.

TONY ROBBINS

INTRODUCING....

UNCONDITIONAL POSITIVE REGARD



Self-Image

The diagram shows two overlapping circles. The left circle is labeled 'Self-Image' and the right circle is labeled 'Ideal-Self'. The overlap between the two circles is very small, representing a low level of self-actualization.

Ideal-Self

THE CURIOUS PARADOX IS THAT
WHEN I ACCEPT MYSELF JUST AS
I AM THEN I CAN CHANGE.

CARL ROGERS

The self-image is different to the ideal self.

There is only a little overlap.

Here self-actualisation will be difficult.



Self-Image

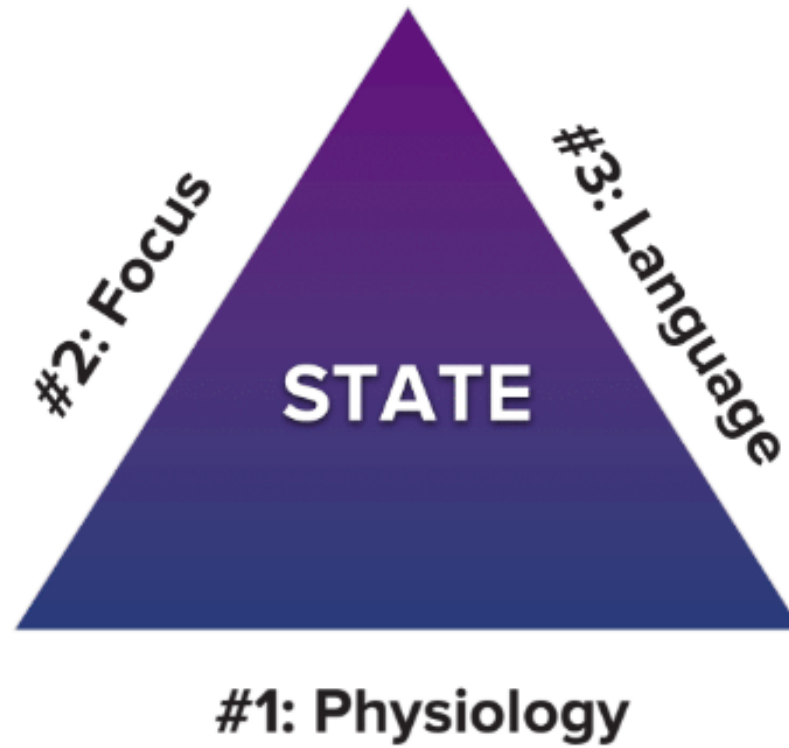
The diagram shows two overlapping circles. The left circle is labeled 'Self-Image' and the right circle is labeled 'Ideal-Self'. The overlap between the two circles is large, representing a high level of self-actualization.

Ideal-Self

The self-image is similar to the ideal self.

There is a more overlap.

This person can self-actualise.





EXERCISE

Q & A





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